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HALIFAX • TUESDAY, SEPTEMBER 9, 2008

metrone

Health Pg 15



That cup
of coffee
could
save
your life

Concrete wall falls on legs of employee

SAFETY A 34-year-old man is suffering from serious injuries after a concrete wall fell on him yesterday.

"A cement truck was backing up and hit a concrete wall. Unfortunately, the employee was standing behind the wall and it fell on him," said Chrissy Matheson, a labour department spokeswoman.

A police report said the wall fell on his legs at around 11:20 a.m. The building they were working on was on Wilkinson Avenue in Burnside.

"Occupational Health and Safety officers are on site and interviewing witnesses at this point," Matheson said last night. "Although he is an employee of Tilt-Pro Contracting, that's not to place blame on them or anything."

No safety orders were issued yesterday, she added.

JENNIFER TAPLIN/METRO HALIFAX

Election 2008 pg 6

- Lawrence Martin looks south of border
- Dion's guns blazing
- Harper's middle path
- Oil's not well with New Democrats
- May on men

Celebrity page 18



More twins in Tinseltown?

Learning Curve p11

Surviving the transition

Voter fatigue to hit HRM?

Municipal candidates fear being drowned out by federal campaigns

PAUL MCLEOD

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Election 2008

We'll know something went disastrously wrong if we wake up October 19th to find Stephen Harper's been elected mayor of HRM.

Confusion between the municipal and federal elections is causing concern among local politicians, who worry about being

heard amidst the clamour.

The federal election is set for Oct. 14, while the Halifax Regional Council election is only four days later on the 18th.

"We've never been faced with this situation before

since I've been involved in municipal elections," said mayoral candidate Sheila Fougere. "I think the challenge it presents is to get people out more than once ... typically a municipal election has a low voter turnout anyway."

But Mayor Peter Kelly said there may be an upside to conflicting schedules.

Some of the pre-voting days for both elections occur at the same time.

Those days allow people who will be busy on the actual election days to cast their ballots early.

HRM and Elections Canada are looking into sharing the spaces so that people can vote in both elections at once. The deal would also have the spin-off benefit of saving money on renting facilities for both parties.

"There may be a chance to reduce costs and increase participation," said Kelly.

He said he plans to use grassroots campaign tactics of knocking on doors and speaking to people to get his message out.

"Basically it's just to get out there as much as we can, to get the message out that we're here to serve and we want their support."

ShareYourViews

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Green party Left out



Green party Leader and Central Nova candidate Elizabeth May appears in Ottawa yesterday. May was barred from the televised leaders' debates yesterday, with broadcasters saying party leaders, with exception of Liberal Leader Stéphane Dion, opposed her inclusion. More coverage, page 6.

Metro's new survey to deliver pulse of Halifax

REPORT How strongly do we feel about the views from Citadel Hill? What would it take to get more suburbanites riding Metro Transit? Do local companies pay enough? And what do residents really think of Mayor Peter Kelly and council as we head into a municipal election?

Metro Halifax will tell you.

We're bringing the City Think survey back to HRM. On our behalf, Bristol Omnifacts Research surveyed 500 people in urban and suburban HRM on topics like public transit and transportation, development in the downtown core and the economy in metro.

Read all about it starting next Tuesday, Sept. 16, when reporter Lindsay Jones will bring you a story about how residents really feel about Mayor Peter Kelly, regional council and — always a fun topic — amalgamation.

The series will continue each Tuesday, ending on Oct. 7.

City Think

- Be sure to look for our City Think stories each Tuesday, only in Metro Halifax.

"As a daily newspaper, I feel strongly that we should reflect the values, opinions, hopes and concerns of our readers. City Think is just the way to do that," said Greg Lutes, publisher of Metro Halifax.

It turns out people aren't nearly as polarized as you might think about downtown development. We're mostly happy with the economy in HRM.

We're definitely happy about our lifestyle here, but there are some areas we feel could be improved. Peninsular Halifax residents are the ones most likely to give Metro Transit the thumbs-up, and our survey also probes support for a high-speed ferry from Bedford.

RACHEL BOOMER
MANAGING EDITOR
METRO HALIFAX



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Local



Renters say butt out at home

Smoke-Free Nova Scotia wants to find ways to identify smoke-free apartment buildings. A survey of 400 Nova Scotians done for the group showed 62 per cent of people would support a smoking ban in the building where they currently live, including 27 per cent of people who smoke.

METRO HALIFAX

Man calls cops on intruder, gets arrested for drug possession

ARREST A man who called police about intruders ended up getting arrested himself.

Just after 8 p.m. Sunday night, a 36-year-old man called police and told them two men forcibly broke into his apartment. He said they fired a gun at him before leaving.

The caller had no suggestion for a motive.

"There was no evidence of a shot being fired, i.e. no bullets found in any wall or in any people," said Const. Jeff Carr with the Halifax Regional Police.

"It could have been a cap gun, it could have been a

starter pistol, I don't know." They

didn't find any bullets, but police found marijuana and a loaded firearm.

Police arrested the caller and another man, aged 37, who was also in the apartment. Both were charged

with possession of marijuana for trafficking and firearms offences.

Police are still investigating the intruder story. The caller could only provide a description of one of the men: He was white, in his 20s and had a bandana over his face.

METRO HALIFAX



Council to revisit fare hike tonight

But some cabbies worry business will cool

PHILIP CROUCHER
for Metro Halifax

Fred Mason is hoping for the status quo.

The veteran Halifax taxi driver wasn't very busy yesterday as he waited for customers at the Westin Nova Scotia Hotel in Halifax. Mason now worries his days will become even less hectic should there be a hike in fares, a topic which gets revisited tonight as council returns to city hall following a three-week break.

"Personally, they should leave it the way it is," said Mason, while sipping on a Tim Horton's coffee. "A raise will help in each trip you make, as you'll clear a little more money, but if you're sitting around doing nothing, you're not going to make much money that way, either."

Deputy Mayor Stephen Adams is bringing back the issue of fares to council, three months after it was deferred by the Halifax Taxi and Limousine Advisory Committee to see what happened with the price of oil.

Adams, the chair of the committee, is now ready to move on the issue again and find out if a hike is necessary.

"My motive here isn't to get the drivers a raise," Adams said. "It's to find



Local cab driver Fred Mason drinks his coffee while waiting for a fare outside The Westin Nova Scotia Hotel in Halifax yesterday.

first, if it's wanted and secondly, if it is wanted, what is the best way to go about it."

Adams doesn't think a hike should be decided by outside forces, like the price of oil. He also wants any increase to come gradually and affordably, like in small amounts on an annual basis. Presently, there is a \$3 drop rate to take a cab in the Halifax Regional Municipality, plus another \$2.40 per mile driven.

"A raise will help in each trip you make, as you'll clear a little more money, but if you're sitting around doing nothing, you're not going to make much money that way, either."

Fred Mason, cabbie

Adams thinks a 25-cent increase to the drop rate each year could be a possible solution should a hike be required.

"I'm happy with a raise.

I'm happy with the status quo," Adams proclaimed. "I want to make sure it works for everyone involved."

News in brief

HYDRO Sierra Club Atlantic has asked the Energy Board of Canada for proof green energy generated in Nova Scotia is used in the province and not exported to the United States. Their six-page submission makes several references to statements made by Barry Zwicker, developer of Digby Neck wind farm. Zwicker has repeatedly stated homes in Digby County will be powered

by the 20 turbines his company will build on Digby Neck.

WIND POWER With many residents along the Gulf Shore opposed to the idea, a 17-turbine wind farm for the area was recently granted a development permit. Originally, the proposed Pugwash Wind Farm was planned with up to 30 turbines, but scaled back to 17 after concerns from some of the area residents.

METRO HALIFAX

Maintenance Just like new



A worker paints the striped smokestacks at the Tufts Cove plant in Dartmouth. The plant undergoes regular repainting jobs. This one has been underway for a month.

Employee faced discrimination when forced to retire in 2005

A mandatory retirement policy was declared discriminatory by the Human Rights Commission yesterday.

Robert Theriault of Meteghan filed a complaint after he was forced to retire when he turned 65 in April 2005.

The Conseil scolaire acadien provincial said they based their policy on an exemption under the Human Rights Act, but the inquiry

Theriault ruling

- Mandatory retirement plans for unionized didn't apply because employee was non-unionized.
- Theriault and school board must come to compensation agreement

chairman disagreed.

Mandatory retirement plans for unionized em-

ployees don't apply to Theriault, explained chair Donald Murray in a statement released yesterday, because he was a non-unionized employee.

Now the decision is finalized, the issue of compensation will be examined.

If the school board and Theriault don't come to an agreement, the Human Rights Commission board will step in.

metronews.ca

What's online today.

Watch as coalition troops salute the 97th Canadian soldier to be killed in Afghanistan, and check out MetroTube of the day to see Oasis' Noel Gallagher get assaulted onstage during Toronto's Virgin Festival.

Read as Allan Small preaches patience in Investment Perspective

ShareYourViews

halifaxletters@metronews.ca

Cleaning up after the storm

Crews were out fixing washed-out roads and broken bridges in Cumberland and Inverness counties yesterday. The cost is still being calculated, but it is expected to be several hundred thousand dollars. **METRO HALIFAX**

McDonough passes NDP torch

JENNIFER TAPLIN
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Alexa McDonough's heir was named last night.

Megan Leslie, a legal aid lawyer, was voted the next NDP candidate for the federal Halifax riding.

She faced two other candidates: Irvine Carvery, who was struck out on the first ballot and Alexis MacDonald.

In front of more than 1,000 cheering NDP members, Leslie accepted the candidacy at the Dalhousie Student Union Building.

"Thank you for choosing me to be your candidate," she said.

"It's a sweet victory, but it's a short victory because the real work starts now."

Leslie then asked the members to help her keep the seat for the NDP.

McDonough announced in June she would not make



New NDP candidate for Halifax riding Megan Leslie, right, salutes the crowd with MP Alexa McDonough last night. Leslie will replace retiring McDonough in the federal election Oct. 14.

another run, after holding the federal riding for the NDP since 1997. After Leslie's victory speech, McDonough said this would have been her 13th election and she just knew she had to 'pass the torch' to the next generation.

But she warned that just because she's held the seat for so long and the territory is strong even provincially for the NDP, that doesn't mean it will be a cake walk for Leslie.

"We can take nothing for granted," she said. "The seat

Election 2008

doesn't belong to any party. The seat belongs to the people of Halifax."

McDonough finished with an emotional goodbye as she prepares to step down from politics and retire.

"I want to say one final, heart-felt thank you to the people of Halifax who have given me the most astounding privilege of representing them."

Yesterday, lawyer Catherine Meade announced her intention to run for the Liberal nomination.

Rosamond Luke, the founder and executive director of All Women's Empowerment and Development Association, is looking to win the riding for the Conservatives.

The Green Party candidate is Darryl Whetter, a professor at Dalhousie University.

News in brief

ROBBERY Police arrested a 21-year-old man for the robbery on Mansion Avenue Saturday. He will be appearing in court facing a number of charges including robbery and weapons offences.

They also arrested a 19-year-old man for the shots-fired incident on Lemon Walk on the weekend. He will be charged with assault with a weapon, uttering threats and firearms offences.

DRUGS A suspicious vehicle complaint in Middleton led the RCMP to arrest two men for possession of marijuana Friday.

A caller informed police the men might be selling drugs to students. RCMP set up surveillance then searched the vehicle. They found marijuana and arrested the two men inside.

ECONOMY The Friends of Agriculture in Nova Scotia recognize people in Kings County are at the heart of global debates when it comes to food security and land use is-

sues. They urged consumers last week to act with their pocketbooks and support local producers. Member Pierre Cloutier of New Minas said during a recent roundtable discussion the protection of agricultural land is about protecting ourselves. He said the issue is essentially about farmland and the most important thing people can do is buy local.

ASSAULT Sometimes it's best to turn down a free ride.

A 31-year-old man was leaving a Halifax bar at 3 a.m. yesterday morning when a woman and several men in a light blue Mercury Marquis offered him a ride. When they got out at Frederick Avenue and Dutch Village Road, the suspects threatened the man with a knife and demanded his money and credit cards.

When he handed them over, the victim was hit on the head with the handle of the knife before the suspects drove off. Paramedics treated him, but the victim didn't need to go to the hospital. **METRO HALIFAX**

Friends, family recount night of grisly murder discovery

Opening Glen Race's murder trial Monday, Clinton County District Attorney Andrew Wylie said dozens of lives were forever changed May 10, 2007.

That evening, Darcy Manor's wife began to worry when the volunteer firefighter didn't show up by the time their two young sons were ready for bed.

"He was always home (by then)," Heather Manor testified during the first day of the 27-year-old man's trial before Judge Kevin Ryan.

She had last spoken with her husband a few hours earlier, while he was working at his auto-repair shop.

At the time, Mr. Manor, 35, mentioned he was probably going to the secluded Churubusco Lodge hunting camp in Mooers after work to fix a water pump.

So, when he didn't come home by 6:30 p.m., Mrs. Manor assumed he was there and brought their

sons up to see their father. But when they got there, the gate was locked and her husband was nowhere to be found. "I thought it was odd. I was a little nervous, but I went back home," she testified.

She began calling family, friends and neighbours, including local dairy farmer Harold "Sonny" Smith, who drove to the camp to look around.

He climbed over the gate and didn't see Mr. Manor's truck, but noticed a pile of his tools left near the well.

He later met up with Mr. Manor's neighbour Michael Mills and friend Michael Jarvis. "I thought it was odd he wouldn't be home at that time of night," Jarvis testified.

Around 11 p.m., the trio headed back to the private Drown Road camp and met up with Eugene Drown, who used to own the camp. They cut the lock on the



Race

About an hour later, as Drown and Jarvis were winding down the last road, they spotted something.

"I said, 'I think there's a dead animal in the road,' but as I got closer, I knew it wasn't an animal," Drown emotionally recalled.

"I reached down and touched Darcy's arm. It was cold," he said, as many people in the packed audience wiped away their tears.

He sped toward the camp, where he told the others he thought their friend "had been mauled by a bear."

But according to Wylie's opening statements, Manor had been shot with a .44

"I said 'I think there's a dead animal in the road,' but as I got closer, I knew it wasn't an animal."

Michael Jarvis, friend of victim

Remington Magnum rifle, tied to the back of an all-terrain vehicle and dragged about 1,000 feet from where he died, to hide his body.

One of the first responding troopers, Alan Barnaby, remembers seeing the green tubing tied to Manor's waist when he first saw him slumped, face down, on the side of the road.

The eight-year trooper, who went to high school with Manor, is expected to finish his testimony this morning, when the trial resumes at 9:30 a.m.

Highlighting Race's anticipated mental-illness-related defence, Wylie said his actions before, during and after Manor's murder show a "clear and concise" thought process.

Authorities believe Race encountered Manor at the camp soon after he walked into the U.S. — allegedly as he fled from killing two Halifax men a few days earlier.

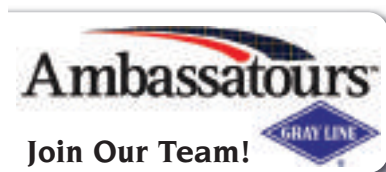
Wylie said Race hid the car he stole from one of those victims, Trevor Charles Brewster and then tried to hide Manor's body.

When Race was captured near the Mexican border a few days later, Wylie said, he had the stolen rifle, maps, ammunition and Manor's credit card.

Race's attorney, Mark McCormick, waived making an opening statement at the start of trial, though he may request doing so at the end of the prosecution's case, which could last for several weeks. **PRESS REPUBLICAN**

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A WestJet plane landing in Halifax hit a skunk on Saturday, the Aviation Herald reported. The skunk had to be removed by fire engine hoses and the runway was closed for half an hour to fix the stinky mess. **METRO NEWS SERVICES**

Boyd's race off to rough start

Mayoral candidate faces bumpy beginnings at launch

PAUL MCLEOD
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Things don't exactly come easy for David Boyd.

Boyd has handed in his papers to officially become the third candidate for mayor of HRM after incumbent Peter Kelly and Connaught-Quinpool Council.

Sheila Fougere.

But his campaign got off to a bumpy start when only three supporters

showed up to his launch at Sullivan's Pond in Dartmouth. He couldn't even use the gazebo because it was already taken by a group of junior cheerleaders rehearsing.

And on top of that, the federal election has thrown a wrench into the gears.

"That's hurt me quite a bit, I've lost 20 of my top people who've left me to work on federal campaigns," said Boyd.

"I can't even get an office. I've looked everywhere but they're all booked for the (federal) election."

Still, Boyd remains enthusiastic. He criticized council for spending more time debating the cat by-law than helping troubled youth.

"I've been watching from the sidelines and I think big changes need to be done."

David Boyd

"The other candidates have been in council long enough and people see that council hasn't worked," said Boyd. "We need to bring in someone from the sidelines. I've been watching from the sidelines and I think big changes need to be done." Over the summer, Boyd



Mayoral candidate David Boyd strikes a pose at Sullivan's Pond in Dartmouth Yesterday at his under-attended campaign kickoff.

called for Halifax to become the "Vegas of the East", with more casinos and strip clubs to attract tourists. His vision was

met with skepticism from other candidates.

"He'll certainly provide an interesting twist to this municipal election," said

fellow hopeful Sheila Fougere. "You never know, his message may resonate with people. It'll just be very different from mine."

Handyman killed in shed fire

MAIN-A-DIEU Thomas Campbell, a 77-year-old retired fisherman, was found dead inside a shed following a fire on his property Friday night.

Fire personnel responded at about 10:30 p.m. after a neighbour noticed smoke and some sparks from the Main-a-Dieu man's backyard. When they arrived, Campbell was found dead inside.

Family members say it appeared Campbell was working alone on boating gear, as he often did.

"All the time. He worked on motors. He could fix anything," said brother-in-law Jack Richards as he scanned over the handyman's charred shed Saturday.

The Cape Breton Regional Police Forensic Unit and the Nova Scotia Fire Marshal's Office are currently investigating, but do not suspect foul play. **CAPE BRETON POST**

News in brief

ENVIRONMENT Ron Johnson, owner of Specialty Print and Copy, wants to plant some trees — as many as 2,000 — to do his part for the environment. After Johnson and his wife took over the business last year from his mother, he immediately began

researching ways to move it in to a 'greener' direction. One method was to switch to an organic, soy-based ink. But Johnson also issued a challenge to other local businesses, pledging that he would plant a tree for every \$50 business order he receives. **METRO HALIFAX**

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Waterside project under review tonight

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The public will have the chance to weigh in tonight on another downtown development that is strongly opposed by heritage advocates.

Waterside Centre — a proposal from Ben McCre's Armour Group — would connect six buildings at the corner of Duke and Hollis Streets and put a six-storey glass tower on top.

The development was approved by city planners, but rejected by council's volunteer advisory groups: the heritage and the downtown planning advisory committees.

Halifax split on heritage

• A Bristol Omnifacts Research poll commissioned by Metro Halifax shows an even split on between those who think heritage properties should be

changed to make way for new development. Just over 40 per cent support doing so while about the same number oppose it.

heritage buildings on the site.

"This proposes to remove most of the fabric of those four registered (heritage) buildings on the block," Pacey said. "It would totally demolish Sweet Basil's former wooden dining room."

McCre has since fired back with a letter to council and the mayor accusing the heritage group of spreading "misinformation."

tion" with their postcards and petition.

In a recent interview, McCre said the project would be the first contract development application for an office building in the downtown in at least 20 years.

The Downtown Halifax Business Commission supports for Armour's project. "This particular development will generate lots of conversation but we, as an association that represents 1,800 businesses, believe it will contribute greatly to downtown Halifax," said executive director Paul MacKinnon in a recent press release. "Our board unanimously endorses it."

The public hearing begins at 6 p.m.

Automotive

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metro Do it daily.

Police investigate string of arsons

NORTH SYDNEY Three arsons in a two-hour span early Sunday morning left firefighters stretched to the breaking point and police searching for clues that may identify whether or not an arsonist is on the loose.

The first two buildings set on fire were vacant houses at 63 Brook St. and 16 Beech St. Residents reported the fires to emergency personnel at 12:07 a.m. and 1:39 a.m., respectively.

tively.

The third fire broke out at a home at 16 Forman St. at 1:58 a.m. No one was in the home at the time.

Sgt. Jim MacLean of the Cape Breton Regional Police Service said police are looking for early leads that may point to one or more persons in the case.

"It seems to me that when one (house) was burning, somebody was leaving that scene and torching another vacant

"It seems to me that when one (house) was burning, somebody was leaving that scene and torching another vacant building."

Sgt. Jim MacLean, Cape Breton Regional Police

building," MacLean said.

A recent spate of arsons in Glace Bay and Sydney has led to the rekindling of an arson steering committee, which was formed two years ago but quickly fizzled out.

Following several arson-

based fires in July, municipal councillors and police clamoured for the committee's return.

At that time, it was expected that a meeting would be held sometime this month.

CAPE BRETON POST

Listeriosis death in New Brunswick

The New Brunswick Health Department has confirmed a woman with listeriosis has died in the province. A woman in her early 80s, who was a nursing home resident and who had listeriosis, died in a New Brunswick hospital, officials said yesterday. **SOURCE: CBC NEWS ONLINE**

5

Canada

"The audience seemed shocked at first — the fan came out of nowhere."

Oasis concertgoer Ryan Markle speaking about a fan who attacked Noel Gallagher on stage while Oasis performed.



Attacked

A 47-year-old concert-goer has been charged with assault after the British band Oasis were attacked onstage in front of 25,000 fans Sunday night in Toronto. **TORSTAR NEWS SERVICE**

Khadrs launch PR campaign

The notorious Khadr family has launched their own public relations campaign in an effort to quash their reputation as "Canada's First Family of Terrorism" and put the case of Guantanamo detainee Omar Khadr on the federal election agenda.

TheKhadrLegacy.com went online yesterday as a press release quoting Khadr's sister Zaynab and was e-mailed to reporters.

"Our brother is being held in Guantanamo Bay based on the lies told by both the American and Canadian governments," she stated. "(A)n election is

the perfect opportunity to tell those politicians that we are not going to be their bogeyman any longer."



Omar Khadr

U.S. Lt.-Cmdr. Bill Kuebler, Omar Khadr's military-appointed lawyer, said he believed the family's plea would have a negative impact.

Khadr is scheduled to go on trial next month in Guantanamo for five war crimes, including murder for the death of U.S. Sgt. Christopher Speer. Khadr was captured in Afghanistan at 15 and has spent a third of his life in jail. **TORSTAR NEWS SERVICE**

Simmons factory closes its doors

JOBS Simmons Canada has abruptly closed its mattress factory in Brampton, Ont., instead of resuming bargaining with about 150 striking workers.

Union negotiators had expected more contract talks yesterday in efforts to end a three-week walkout, but a senior Simmons official told them the company would be shutting down immediately and transferring production elsewhere.

Simmons, one of Canada's biggest bedding manufacturers, indicated it will continue to produce about 25 per cent of the mattress output of the Brampton plant at operations in Kirkland, Que., and Calgary.

It will produce the remaining 75 per cent at two separate operations in America.

Simmons president Paul



Simmons Canada Inc. workers protest in front of the mattress plant in Brampton, Ont. after hearing of the closing of their plant yesterday.

Bognar said the effects of the strike have compromised the plant's economic viability.

The plant, which makes

the popular Beautyrest brand of mattresses, has operated at the site for about 35 years.

TORSTAR NEWS SERVICE

No licence, no problem: Report

LEGISLATION Gloria O'Neill's driver's licence was suspended as far back as 1978, when she was just 21. Still forbidden to drive, she got a new licence under a different name.

When that, too, was suspended, she got a third.

An average of 11,000 drivers a year are caught driving after losing their licences. But nearly five years after legislation was passed allowing police to automatically check a licence plate for valid insurance, an auditor general's report shows the program is not running.

News in brief

BEHEADING The case against Vincent Li, 40, the man accused of beheading a fellow bus passenger has been pushed back to Oct. 6. **TORSTAR NEWS SERVICE**

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Election 2008

Conservatives

Harper appeals to middle class

B.C. Prime Minister Stephen Harper is using a forceful appeal to the middle class — and a targeted outreach to ethnic communities — to break into Canada's big cities, the long-held Liberal bastions.

Harper took his campaign strategy into the kitchen of a suburban Vancouver home yesterday and touted his party's help for middle-class families.

Harper noted Conservatives already do well in cities such as Calgary, Edmonton and Ottawa and predicted it was only a matter of time before they enjoy similar success in Vancouver, Montreal and Toronto, where the party was largely shut out in 2006.

During his campaign stop, he charged that a Liberal government would jeopardize the gains given to Canadian families by his government, such as the child benefit.

TORSTAR NEWS SERVICE

Double disaster for left

Palin's popularity provides Republican surge in U.S.

NationalReport

Lawrence Martin



It's nightmare time for Canadian liberals. They're looking at a potential disaster, not only here where trends show the Harper Conservatives moving toward a majority, but also in the United States, where a bible-thumping, gun-toting, war-loving hot mother is aborting, so to speak, the Democrats' chances of taking the White House.

It may be short-lived, but so far the Sarah Palin veep choice by John McCain is providing the Republicans with the surge they so desired. For the first time in months they now lead the Democrats in the polls.

It was just a while back when Barack Obama had Canadian liberals all aglow over what looked to be a certain takeover of the presidency.

Polls have shown Canadians favour Obama by a whopping 3-to-1 or 4-to-1 margin over the Republicans. It stands to reason. Canada is predominantly a country of the centre-left.

Combine the support of the soft centre and left-side parties — Liberals, New Democrats, Greens, Bloc —

and it constitutes about two-thirds of the population. A continent run by McCain/Harper is the last thing they want.

South of the border, Palin's resoundingly effective

speech at the Republican convention turned the tide. Many were starting to feel McCain had made a huge blun-

der — until the inexperienced Alaskan governor took the podium. But she allayed fears. She was poised and, on the subject of Obama, devastatingly acerbic.

If there is feminist outrage over her pre-Cambrian views it isn't manifesting itself. Why isn't Hillary Clinton ripping her to pieces? Will feminists set aside their core beliefs just because Palin is of their gender?

In an election as important as the American presidency, gender is important, but far more important is the candidate's beliefs.

While it's about damn time another woman is on a presidential ticket, Palin borders on being a zealot. She is an ideological affront to the majority of Canadians.

Sarah Palin

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



ETHAN MILLER/GETTY IMAGES

Greens



Elizabeth May

May shut out of debates

TELEVISION Shut out of the national leaders' election debates, Green party Leader Elizabeth May says she'll sue to reverse what she called a sexist, anti-democratic decision by her political rivals and big TV broadcasters.

"Day 2 of the federal election campaign and democracy is taking a nose-dive," May said.

"This is anti-democratic, closed-door, back-room decision making by four national party leaders who are all men, and five television executives who are all men, to keep out the one woman leader of a federal political party and I don't think many Canadians will think that was fair," May told a media conference after learning of the decision via press release. TORSTAR NEWS SERVICE

New Democrats

Layton concerned with oilsands

ENVIRONMENT NDP Leader Jack Layton took his campaign to the north yesterday, saying he wants to alert Canadians to the environmental dangers posed by oilsands production.

There is a growing concern in the north that the huge oilsands production in Alberta is polluting both the air and the water. Some northern native communities have even blamed elevated cancer rates on the fouling of their water downstream from Fort McMurray, Alta.

Layton told a group of about 75 people yesterday that all Canadians need to know about the potential for environmental disaster in communities whose members once could drink from almost every creek, river and lake.

Tar sand deposits lie beneath 141,000 square kilometres of boreal forest and muskeg, almost all of it in Alberta. TORSTAR NEWS SERVICE

35 days remain until the 2008 Canadian federal election

CARDEL WALK A MILE IN HER Shoes

IN SUPPORT OF THE YWCA

Join Halifax's most influential men and Walk A Mile in Her Shoes. This new fund raising event in support of YWCA Halifax's housing programs mixes big hearts with big feet and brings the whole community together for a great cause. The premise is simple: men walk a few blocks in heels, raise a few eyebrows, and a whole lot of funds for the YWCA.

Sign up now, or nominate a man who you think has what it takes to Walk A Mile in Her Shoes. www.walkamile.ca

Sept 23, 2008—11:30am - 1pm.
Grande Parade (in front of City Hall)

walkamile.ca



Liberal Leader Stéphane Dion, right, meets with a voter yesterday as he walks to Dawson College with Liberal candidate for Westmount-Ville-Marie Marc Garneau, centre.

Dion targets guns

With the site of a gunman's murderous rampage as a backdrop, Liberal Leader Stéphane Dion promised to strengthen gun laws to ensure that military assault weapons are banned.

"A new Liberal government will make our cities, our communities, and our schools safer by getting military assault weapons off our streets," Dion said at Dawson College in Montreal.

To talk about gun control, Dion came to the school where, in 2006, Kimveer Gill fatally shot student Anastasia De Sousa

and wounded more than a dozen others before killing himself.

"Military assault weapons have no connection to hunting or sport shooting, and serve absolutely no purpose in our society. No one outside of the military needs these weapons and we would all be safer without them in Canada," Dion said.

Dion added that semi-automatic rifles with a legitimate connection to hunting or sport shooting would not be included in the prohibition.

TORSTAR NEWS SERVICE

EA delays new Harry Potter game, stock dips

Electronic Arts Inc. has delayed until next summer its Harry Potter and the Half-Blood Prince video game to coincide with the postponed release of the film of the same name by Warner Bros Pictures. Shares of EA fell 3 per cent after the announcement yesterday. **REUTERS**

7

World/Business

O.J. jury selection starts



O.J. Simpson and Clarence (C.J.) Stewart appear in court with their attorneys during the first day of jury selection for their trial at the Clark County Regional Justice Center in Las Vegas, Nev.

Jury selection began yesterday in the Las Vegas robbery and kidnapping trial of O.J. Simpson, and the judge told prospective panelists to put the former football star's 1990s murder trial out of their minds.

This trial centres on accusations that Simpson led the 2007 robbery of his own sports memorabilia from a Las Vegas hotel room.

"If you think you are going to punish Mr. Simpson for what happened in L.A. ... this case is not for you."

Judge Jackie Glass

"If you think you are going to punish Mr. Simpson for what happened in L.A. ... this is not the case for you," said Clark County District Judge Jackie Glass, adding that she didn't want jurors who were

"looking to become famous."

Simpson was charged in Los Angeles in the June 12, 1994 murders of his ex-wife, Nicole Brown Simpson, and her friend Ron Goldman. He was acquitted

after a sensational so-called "Trial of the Century."

The Las Vegas case stems from accusations that Simpson, 61, led five accomplices in robbing a pair of sports collectors at gunpoint at the Palace Station hotel and casino. He and a co-defendant, Clarence Stewart, could get life in prison if they are convicted on all the charges against him. **REUTERS**

Ike nearing west Cuba, Gulf oilfields

GULF Hurricane Ike blew through the warm Caribbean Sea toward western Cuba and the Gulf of Mexico oilfields yesterday after ripping through the eastern side of the island and leaving a broad path of destruction.

State-run Cuban media showed videos of toppled trees, destroyed homes, downed power lines and flooded towns, inundated by rain, swollen rivers and storm surge.

It was expected to emerge into the Gulf today or Wednesday and gain strength on a path through the heart of the offshore oil fields that produce a quarter of U.S. oil and 15 per cent of its natural gas. **REUTERS**

Three found guilty in liquid bomb plot

BRITAIN Three Britons were found guilty yesterday of conspiracy to kill using homemade liquid bombs, but a jury failed to agree that they intended to blow up transatlantic airliners in an al-Qaida-style attack.

The verdicts came after

a high-profile, five-month trial in which prosecutors had argued that eight co-conspirators planned to smuggle explosives onto half a dozen aircraft at London's Heathrow Airport and blow them up midway to North America.

After more than 50 hours of deliberation, the 12-person jury found only three of the defendants - Abdulla Ahmed Ali, Assad Sarwar and Tanvir Hussain - guilty of a lesser charge of conspiracy to commit murder. **REUTERS**

News in brief

FRANCE A 59-year-old woman has given birth to triplets at a Paris hospital after seeking fertility treatment in Vietnam. News of the pregnancy has drawn criticism in the French media since it was made public last week. It is illegal in France to provide fertility treatment to women who are no longer at an age when they can procreate naturally.

POLITICS Republican presidential candidate John McCain got a bounce in opinion polls from his convention and now runs even or slightly ahead of Democratic rival Barack Obama.

VIDEO Al-Qaida has issued a video marking the Sept. 11 attacks, in which deputy group leader Ayman al-Zawahiri accuses Iran of taking part in a

Western war against Islam, Al Jazeera television said yesterday.

GEORGIA Russia agreed yesterday to completely withdraw its troops from Georgia's heartland within a month, but there was no commitment to scale back its military presence in two Georgian separatist regions. **REUTERS**

Business

Motorola accuses RIM of poaching workers

THREAT Motorola Inc. is suing BlackBerry-maker Research In Motion for illegally pilfering its employee ranks, the second time in three months it has turned to the courts to stifle competitive threats posed by departing workers.

The troubled handset-maker, which has failed to match the success of earlier models such as the Razz flip phone, appears to be having a tough time hang-

ing on to key people as the battle for the booming smartphone market heats up between RIM, Apple Inc., Nokia Oyj and others.

Motorola claims in a lawsuit filed in the United States that RIM has targeted at least 40 Motorola employees, who can't work for a competitor without revealing trade secrets, despite an agreement between the two rivals.

TORSTAR NEWS SERVICE

Business in brief

MEETING OPEC ministers, who meet today, voiced concern yesterday about swelling supplies after oil prices touched a five-month low, but they stopped short of calling for immediate action to cut supply.

RECALL General Motors will recall almost 300,000 Chevrolet HHR wagons, including many in Canada for the 2006 through 2008 model years, because of a problem with a storage bin latch. **REUTERS**

THE DAILY BUSINESS BUZZ

More circulation:

Metro Halifax increased its daily circulation by 20 per cent to 30,000 copies starting yesterday. With this increased press run of 5,000 copies, the newspaper will establish a stronger presence in Dartmouth and surrounding areas. With over 500 distribution points in Halifax, Dartmouth, Bedford and Lower Sackville, its circulation recently averaged over 25,000 copies daily.

Support for Waterside Centre:

The Downtown Halifax Business Commission has announced its support of The Armour Group's new Waterside Centre development. Ben McCrea's project will unify six buildings at Duke and

Hollis streets, across from the developer's award-winning renovation of warehouses and buildings at Historic Properties.

Help for farmers:

Financial aid for local farmers whose crops suffered heavy damage from record-setting August rainfalls could be on its way within 30 days. Nova Scotia Minister of Agriculture Brooke Taylor hopes farmers enrolled in a federal/provincial agriculture program can apply for an interim payment of up to 75 per cent of their losses, which is 25 per cent more than the program would normally dole out.

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BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%

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Interest rates/Savings accounts
METRO NEWS SERVICES

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

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A reader wonders how other parents manage to cover all of the expenses of post-secondary education.

Surviving school costs

Q My son starts university this week. We have used the RESPs we started several years ago. These funds will pay for less than two years of tuition. We are not sure how we will afford to buy his books and other living costs at the moment. How do other parents do it?

Sondeep and Suni

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca



- early as possible
- Apply for the various scholarships offered by the universities and government
 - Less "well-to-do" parents should apply for bursaries
 - Attend a university close to home
 - Have the kids save by not staying in residence
 - Kids can work part-time at university but do not lose focus of why they are there
 - Design a student financial budget: A simple "where is the money coming from and where it will go?"
 - Students should claim moving cost, rent paid, tuition, education and book tax credits.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

A Starting college or university is another chapter of life for our kids. They must be responsible but may at times be irresponsible. As classes begin, parents can breathe a sigh of relief: "We did it!"

But the financial stress may not have disappeared when the kids did. Most parents are unable to afford the \$6,000 tuition cost, \$800 for books and \$9,000 to \$12,000 for boarding and meals without some prior planning and help.

Parents that value higher education should do some early planning:

- Start a Registered Education Savings Plan (RESP) as

Keep thighs trim, keep wallet plump

SmartCookies



One of our Smart Cookies decided this would be the year to kick it up a notch and get a personal trainer (yes, even Smart Cookies have personal trainers). In true Smart Cookie fashion, however, she did have to take on additional work to cover the costs of a personal trainer as it was not in her spending plan. We asked her to share some tips on saving with a personal trainer and then provide some options for those who aren't prepared to shell out the big bucks just yet, but still want to get the tight buns.

Buddy Up on Personal Trainers

If you don't want to pay



Ask your trainer if they offer a two-for-one special.

the hefty fee that comes with having a personal trainer (\$50-\$85 an hour) ask if they offer a two-for-one special. Most trainers are comfortable training two people (or more) at once. If you share with a friend and commit to helping each other out, you and your bank account will feel much better. But even if you don't hire a personal trainer you should still buddy up and make a pact

to meet each other at the gym certain times every week. You will be more likely to strap on your sneakers and go if you know your friend is saving you a treadmill. For us, getting in shape (just like getting your finances in order) only works when you have the motivation of others who hold you accountable.

YouTube It

YouTube covers just about everything from

how to cut open a pomegranate to how to change the oil on your car. So it only seems logical that they would show us how to get in shape. Gone are the days of renting Jane Fonda's latest VHS for \$20 at your local video store. Go to youtube.com and in the search engine box enter the type of workout you'd like to try: Abs, Yoga, Pilates ... you name it! And the best part is — it's free!

Podcasts, Podcasts, Podcasts

Since many of us have an iPod, it's about time we figured out what else this little gadget can do besides play music. We just tested out this program online called "Couch-to-5K". Not only does it allow you to follow the program for free, it also has corresponding podcasts you can download to your iPod and listen to the tutorials. And hey, even if you aren't training for a 5K run, it certainly gets you working out on a regular basis. (tulleys.com/robert/Podcasts/)

If you have questions or comments for the Smart Cookies, please e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Before you sign any contract: 10 things you need to know

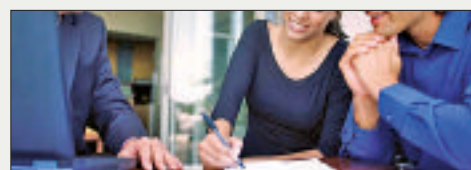
You've decided to get that cellphone, credit card, or gym membership. Keep this in mind:

• **Shop around!** Understand exactly what each company is offering. The more you know, the more you can negotiate. Compare price, guarantee/warranty, duration of contract, and any terms or conditions that are important to you.

• **Know who you're dealing with.** Reputation is important, so ask friends or family for references. If you are not sure about a company's reputation, check with the Better Business Bureau or investigate a company online at cbb.ca.

• **Negotiate!** Most contracts can be negotiated. Use the information you gathered while shopping around to get the best service and price. If the company or individual wants your business, they will listen to your arguments. Don't feel pressured — it is your decision to make!

• **Pay attention to details before signing a written contract.** Don't rely on verbal promises; make sure any agreements or claims made by the salesperson are written into the contract. Strike out elements you do not want to sign for and have them initialed by you and the salesperson before you sign. Fill all blank



Understand everything in the contract. Ask questions.

spaces so that details cannot be added later by the salesperson.

• **Understand everything in the contract before agreeing to it.** Ask more questions or someone knowledgeable for advice if there are elements you don't understand. And don't forget the fine print; it is part of the contract too! If you feel you need to, have a lawyer review the contract.

• **Find out whom to call for help or to lodge a complaint.** Ask the salesperson for a customer service phone number and the steps to take if you need to make a complaint.

• **A contract means you are responsible.** It is a legal document, so you will have to live with what you agreed to. Generally, a contract cannot be changed or broken unless you and the other party both agree (see next tip).

• **Know how to get out of it.** Usually, a short period of time is allowed to end a contract without penalty; it's called the "cooling off period" and it should be described in the contract. If not, it doesn't mean you don't have access to it, so check with the Consumer Protection Act of your province. Otherwise, to end a contract before it is over, both parties have to agree and most of the time, it will cost you!

• **Sleep on it!** Is this what you really need and want? It's OK to change your mind before signing or agreeing to a contract.

• **Once you've agreed to a contract, make sure you get a copy — and keep it!** You may need it later on for reference, or to launch a complaint if you have a problem.

NEWS CANADA



1 Hour Therapeutic Massage: \$39.00*

Massage Addict
Membership Based Massage Therapy
131 Main Street, Dartmouth | 462-3338

*first visit only, no membership required, limited time

Investing

Allan Small



Allan Small gives readers an update on the current market. Read his column at metronews.ca

MLB

Last night's game between the Toronto Blue Jays and the Chicago White Sox was postponed due to rain. The game will be made up as part of a day/night doubleheader today. The rained-out game will begin at 3:05 p.m., with the nightcap starting at 9:11 p.m. METRO NEWS SERVICES

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA



Mets closer needs surgery

New York Mets closer Billy Wagner, left, will need season-ending surgery on his left elbow and will be out of action for a full calendar year, according to the team's website. An MRI exam taken yesterday revealed that Wagner, who has 27 saves this season, has suffered a torn MCL in the elbow. Metro News Services

Fantastic five-peat for Federer

Swiss superstar claims fifth straight U.S. Open title with win over Murray

Roger Federer won his fifth U.S. Open in a row by beating Briton Andy Murray in the men's final last night and said he did not plan on stopping with his career haul of 13 grand slam titles.

"One thing for sure, I'm not going to stop at 13," the Swiss maestro said after celebrating his first grand slam triumph of the year by falling to his knees, rolling over on to his back and covering his eyes with his hands.

The 6-2, 7-5, 6-2 victory put 27-year-old Federer one grand slam crown away from matching the record total collected by American Pete Sampras.

"It definitely feels great. This is a very special moment in my career," Federer said.

"I had a couple of tough grand slams this year, finishing in semifinals and two finals, one epic at Wimbledon," said the Swiss, who reached the last four at the Australian Open before losing the French and Wimbledon finals to current world No. 1 Rafael Nadal.

"So to take this one

home is incredible. It means the world to me."

Federer became the first man to win five consecutive U.S. titles since American Bill Tilden in 1924.

His run in New York after previously stringing together five straight Wimbledon titles from 2003 to 2007 made him the only player to have won five in a row at two different slams.

The 21-year-old Murray, who was playing in his first grand slam final, saluted second seed Federer.

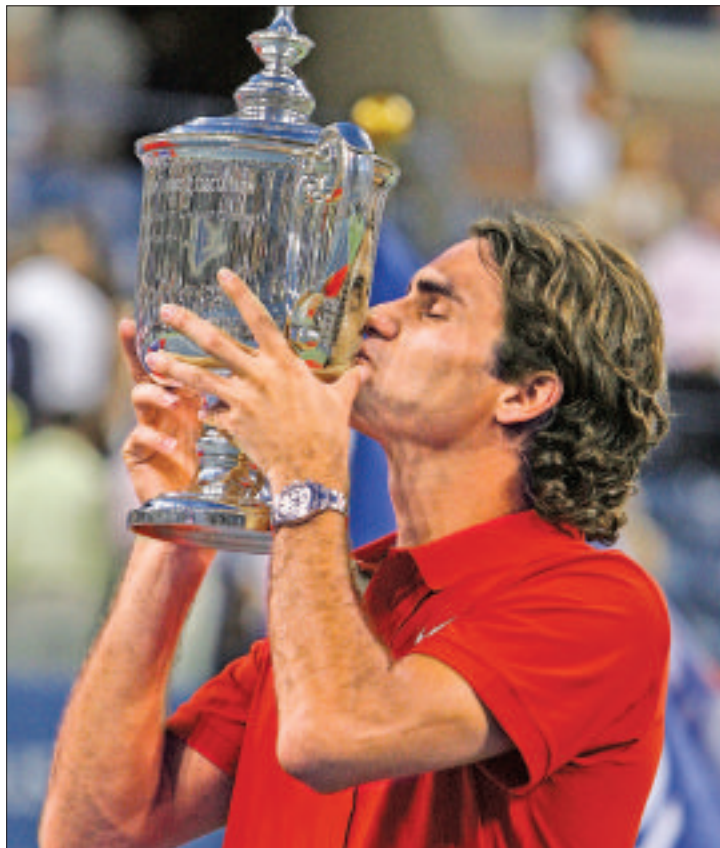
"I had a great tournament," Murray said before the trophy presentation.

"I came up against, in my opinion, the best player ever to play the game. I got the better of him the last two times we played. He definitely set the record straight today, so congratulations. Well done."

Murray, who won the 2004 Open junior title at Flushing Meadows, was asked what he learned from his experience over the championship.

"That I've got a lot of improving to do if I want to win one of these tournaments," the sixth-seeded Scot said.

REUTERS



Roger Federer of Switzerland kisses the trophy after defeating Andy Murray of the United Kingdom to win the 2008 U.S. Open men's championship match yesterday in New York.

Armstrong back in Tour: Magazine

CYCLING Seven-time champion Lance Armstrong will come out of retirement and compete in next year's Tour de France, the cycling magazine VeloNews reported yesterday.

VeloNews cited sources on its website as saying that Armstrong, 36, would compete in the Amgen Tour of California, Paris-Nice, the Tour de Georgia, the Dauphine-Libere and the Tour de France.

Ticats fire coach after 2-8 start

CFL The Hamilton Tiger-Cats fired head coach Charlie Taaffe yesterday after a dismal 2-8 start to their season.

"After a thorough evaluation, we felt that a change was necessary in the best interests of the Tiger-Cats," said general manager Bob O'Billovich.

Offensive coordinator Marcel Bellefeuille has been named interim coach for the Ticats, who were 5-23 in total under Taaffe.

Rodgers leads Pack to victory

NFL Aaron Rodgers helped put the ghosts of Brett Favre behind the Green Bay faithful, at least for another week, by leading the Packers over Minnesota 24-19 last night in the season-opener for both teams.

Rodgers was 18-of-22 for 178 yards and a touchdown while also running for 35 yards and a score in his first NFL start for the Pack, who had a QB other than Favre start a game for the first time since 1992.

METRO NEWS SERVICES

Brady officially done for season

NFL New England Patriots quarterback and two-time Super Bowl MVP Tom Brady will miss the remainder of the season with an injury to his left knee, the team said yesterday.

"We feel badly for Tom about the injury," coach Bill Belichick told a news conference. "You hate to see anyone go down. Nobody's worked harder or done more for this team than Tom has. So it's a tough setback for him."

Brady, 31, limped off the field during the first quarter of Sunday's 17-10 season-opening victory over the Kansas City Chiefs when he stepped up into the pocket and was hit by safety Bernard Pollard.

Belichick declined to provide details on the nature of

Brady's injury beyond a brief team statement.

"After extensive tests this morning, it was revealed that New England Patriots quarterback Tom Brady's left knee, which was injured in the first quarter of yesterday's game, will require surgery," the statement said.

"He will be placed on injured reserve and will miss the remainder of the 2008 season."

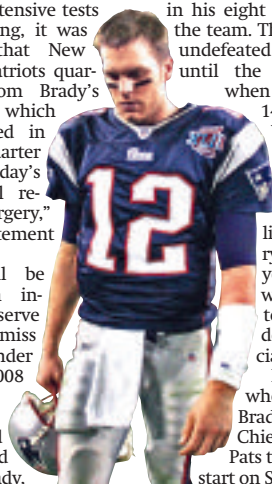
Team-mates said they would miss Brady,

who has led the Patriots to three Super Bowl victories in his eight seasons with the team. The team were undefeated last season until the Super Bowl when they lost 17-14 to the New York Giants.

"Obviously injury is part of the game," said

linebacker Larry Izzo. "But you never want to see a teammate go down, especially a friend."

Matt Cassel, who replaced Brady against the Chiefs and led the Pats to victory, will start on Sunday. REUTERS



SCOREBOARD

MLB	W	L	PCT	GB	Chicago Cubs at St. Louis, 9:35
AMERICAN LEAGUE					L.A. Dodgers at San Diego, 11:05
EAST DIVISION					Arizona at San Francisco, 11:15
Tampa Bay	W	L	PCT	GB	
w-Boston	85	57	.599	—	
Toronto	76	66	.535	9	
N.Y. Yankees	76	67	.531	9½	
Baltimore	64	78	.451	21	
CENTRAL DIVISION					
Chicago Sox	W	L	PCT	GB	
Minnesota	80	62	.563	—	
Detroit	78	65	.545	2½	
Cleveland	70	74	.486	11	
Kansas City	61	81	.430	19	
WEST DIVISION					
L.A. Angels	W	L	PCT	GB	
Texas	86	56	.606	—	
Oakland	70	74	.486	17	
Seattle	65	78	.455	21½	
NATIONAL LEAGUE					
EAST DIVISION					
N.Y. Mets	W	L	PCT	GB	
Philadelphia	80	63	.559	—	
Florida	79	65	.549	1½	
Atlanta	72	72	.500	8½	
Washington	62	82	.433	18½	
Cincinnati	65	79	.451	21½	
Pittsburgh	60	83	.420	26	
WEST DIVISION					
Arizona	W	L	PCT	GB	
San Diego	82	62	.569	4½	
St. Louis	77	66	.538	9	
Houston	77	67	.535	9½	
Cincinnati	65	79	.451	21½	
Pittsburgh	60	83	.420	26	
AMERICAN LEAGUE					
Chicago White Sox	W	L	PCT	GB	
Tampa Bay	80	63	.559	—	
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Pittsburgh	60	83	.420	26	

Sports in brief

NFL Seattle Seahawks receiver Nate Burleson will miss the rest of the season after suffering a left knee injury in Sunday's season-opening loss to Buffalo. Burleson signed a seven-year, \$49 million US deal prior to last season. METRO NEWS SERVICES

YorkReport

Marty York

Will return...

The defending national champion Cape Breton Capers opened the Atlantic University Sport women's soccer season with a victory yesterday, getting a goal from Caitlyn Shaw in the 63rd minute for a 1-0 victory over the host P.E.I. Panthers. **METRO HALIFAX**

Gotell adds to medal haul at Paralympics

PARALYMPICS Antigonish's Chelsey Gotell captured her second medal at the Paralympic Games in Beijing yesterday.

Gotell, who entered the Games with five career Paralympic medals, won bronze in the 400-metre freestyle swimming event in the S13 category, posting a time of 4:37.50. Montreal's Valerie Grand'Maison won gold in 4:28.64.

The race had to be restarted because the light for swimmers with hearing disabilities didn't come on initially.

"The start was a little frustrating, being called back and having to restart, but I stayed calm and focused. To take 11 seconds off of my best time is incredible," Gotell said.

Gotell also won bronze on Sunday in the 100-metre butterfly in the S13 category with a time of 1:06.93.

In the 2.4m sailing event, Halifax's Paul Tingley had two first-place finishes early in a lengthy series of races. **METRO HALIFAX**

Smith can taste title win

Timberlea racer needs just top-10 finish to seal Carquest championship

MATTHEW WUEST
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Wayne Smith is a top-10 finish away from pocketing \$10,000 from the Carquest Maritime Pro Stock Tour.

The Timberlea native enters this weekend's final race, the Parts for Trucks 200 at Scotia Speedworld on Saturday, with a comfortable 33-point lead atop the point standings, although he hasn't exactly gone out and spent the prize money.

"She ain't locked up — she's a long ways from being locked up," Smith cautioned. "My plan is that if we go there and finish in the top 10, we should be able to lock 'er up."

Smith figures even if second-place Lonnie Sommerville of Saint John, N.B., wins the final race, a top-10 finish would guarantee his second Carquest crown. The veteran racer also won three titles on the old MAS-CAR circuit in the 1990s.

It's been a summer of redemption for Smith, who



New Brunswick's Lonnie Sommerville, left, and Wayne Smith from Timberlea will likely be neck and neck again on Saturday at Scotia Speedworld with the Carquest Maritime Pro Stock Tour championship on the line in the final race of the season.

captured five checkered flags last year — typically enough to win it all — but eventually lost on a controversial disqualification from the Pioneer Coal 100 for having an illegal carburetor part.

"It was a downer how that happened and we didn't win when we had a car that could have won on points, but it will be good to

come back and do it again, if we can," Smith said.

The 43-year-old said last year's events — which ultimately led to Shawn Tucker of Fredericton, N.B., taking the title — "bothered him" and motivated him to succeed this summer.

"We worked harder, we built a new car ... It wasn't performing as well as I thought it would, so we went back to the old car, and now we're back to the new car," said Smith. "We've been bouncing back and forth ... We've had a couple of bad races, but the last three or four races, we've been strong."

Smith, who has maintained a firm hold atop the standings since the second race, set himself up for this weekend by winning his

Leaders and winners

- The following are the point standings for the Carquest Maritime Pro Stock Tour heading into the final race of the season.
- 1. Wayne Smith 1,984
- 2. Lonnie Sommerville 1,951
- 3. Shawn Turple 1,925
- 4. Shawn Tucker 1,897
- 5. Craig Slaunwhite 1,866
- 6. Greg Proude 1,836
- 7. Dave O'Brien 1,833
- 8. Chris Hughes 1,824
- 9. Kent Vincent 1,819
- 10. Daryl Mahar 1,786
- Past Tour champions
- 2007 — Shawn Tucker, Fredericton, N.B.
- 2006 — John Flemming, Halifax
- 2005 — Rollie MacDonald, Picton
- 2004 — Shawn Tucker, Fredericton, N.B.
- 2003 — John Flemming, Halifax
- 2002 — John Flemming, Halifax
- 2001 — Wayne Smith, Timberlea

last two races, the Carquest 100 in Oyster Bed Bridge, P.E.I., and last week's Lucas Oil 150 in Shediac, N.B.

"Other guys put a fast lap down in time trails, and there are weeks when

we time trial 15th fastest," Smith said. "But once we get in the race, it seems like the car stays steady, gets to the front, and gets us right where we need to be."

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Learning Curve is a monthly feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Transition time

The jump from high school to college and university

ERIC EMIN WOOD
for Metro Canada



The transition to academic mode after a comparatively relaxing summer can be a difficult one for both veteran post-secondary students and those entering university or college for the first time.

For instance, many first-year students have to deal "with just the physical aspects of moving, and that in itself can be stressful," says Dr. Cheryl Washburn, director of counselling services at the University of British Columbia. "Often this is the first time they're away from family."

Other students discover their study habits from high school don't necessarily work in university.

"Students put a lot of pressure on themselves and oftentimes end up feeling quite badly" when their grades slip, says Washburn, which can add to their difficulties.

Recognizing that such results are normal can go a long way toward helping students feel comfortable, she says.

Time management is key for every student, whether in first year or fourth, says Christine Squire, academic adviser and co-ordinator of the first-year advising program at Dalhousie University in Halifax.

"A lot of people think they know how to do it, but in reality they're just



It's difficult balancing school, work and social life but there is help out there, experts say.

always flying by the seat of their pants," she says. Transitional difficulties don't disappear from one year to the next, says Squire, they just take on different forms. "A lot of students coming in from high school don't know why they're here; they just know that they're expected to come to university," she says.

"As students get older they know what they want to do, it's just a matter of learning how to reach that

end goal."

Washburn advises students to make sure they're taking care of the basics. "Things like sleep, nutri-

"A lot of students coming from high school don't know why they're here; they just know that they're expected to come to university."

Christine Squire

tion, exercise, connecting with friends, keeping a balance in your life, oftentimes that gets compromised," she says.

She also encourages students to "seek help when they're having difficulty, as opposed to trying to bottle it up and hide it from others and deal with it on their own."

Squire admits it's difficult balancing school, work and a social life, which is why Dalhousie's first-year advising pro-



The transition from high school to post-secondary education can be more than an academic adjustment.

gram offers sessions in subjects such as procrastination and time management.

"It's super important to find that balance," she

says. "You can get in over your head really fast if you sacrifice too much for social time or don't make any friends if all you do is academics."



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Surviving off-campus

Follow a few simple tips to avoid 'renter's remorse'

LINDSAY JONES
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So your roommate isn't what you hoped for. Then mice got into your Cheerios. And now the oven won't heat up. Welcome to living off-campus.

Gerald Hashey, director of residential tenancies with Service Nova Scotia and Municipal Relations, shares tips on how to survive what, for many, is their first time living on their own. He says the number of phone calls spikes in September and April when many students are on the move.

Many are from students

with "renter's remorse," Hashey says. The regret stems from either disliking a roommate or poor conditions on the premises.

While he says you're pretty much stuck with the pesky roommate, action can be taken to clean up the place.

First, start with your landlord.

If that doesn't work, check out the city's bylaw M100, which sets out minimum standards landlords must uphold in rental units. While Hashey says it doesn't happen very often, tenants may call a bylaw enforcement officer to do an inspection and the city may order a repair.

He says tenants should never try withholding the rent.

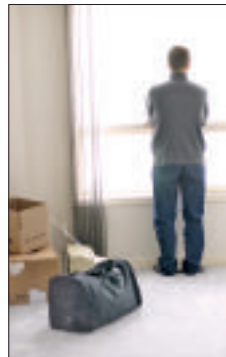
"You might have been right; the premises just aren't fit, but holding your rent back is not the way to go because that always leads to eviction," Hashey said.

"Some students don't understand that ... it's better to force the landlord to hold up his end of the bargain than to think you don't have to hold up your own."

Hashey says many students don't know that leases automatically renew after one year. Tenants may request to go month-to-month or quit their lease, but they need to do so three months before the anniversary date.

"Students are renting for the first time," he says. "A lease may be the very first legal document a student has ever read."

Most of the 4,000 complaints the province receives each year are from landlords, with about 20 per cent coming from tenants



Poor off-campus housing can be fixed up if students take the proper steps.

ants who, in many cases, are seeking their damage deposits.

Le Doan, senior research consultant for the Canadian Mortgage and Housing Corporation, suggests that students photograph existing damages upon moving in and have the landlord sign off on them. She says having everything documented leaves less room for disputes.



Jesse Robertson, a second-year University of King's College student, moves into a south-end apartment he's sharing with several other roommates.

What you should know

- Nova Scotia has no rent control. Landlords are allowed to raise the rent once a year by any amount on the anniversary date of the lease. They must, however, give four months' notice.
- Get more tips in the province's SMARTenants Renting Guide for Students Living Off Campus. Find it at gov.ns.ca/snsmr/consumer/renten/
- Call 424-5200 for more information.



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Campus health centres can be invaluable

LEYLA EMORY
for Metro Canada

University health plans vary depending on the province but their health centres provide a common service: Ensuring the health of a few thousand over-worked, sleep-deprived, malnourished students.

Needless to say, on-campus health services are the complex nerve centre of a university's well-being, and worth knowing a thing or two about.

"We're the kind of service you might not need for three years, and sud-

"We're the kind of service you might not need for three years, and suddenly you do ... if you have the information up front, you're at an advantage."

Kevin Friese

denly you do," says Kevin Friese, assistant director of the University of Alberta's health centre. "If you have the information up front, you're at an advantage."

Every registered student has access to his or her school's health centre.

"It's part of their tuition," says Kathryn Hawn, health promotion co-ordinator at the Uni-

versity of Toronto.

Sometimes, the students themselves are the ones dispensing health information.

"Peer educators are the people deciding which messages to get out and getting it out," U of A's Friese says.

"They're students themselves, in touch with what's happening on campus."

It's an effective way of

getting information out, says 21-year-old Ricardo Lé, now in his fourth year as a peer educator at the University of British Columbia.

"I find students are more interested when they see someone their own age, in their own position. They take it more seriously, they listen more."

After completing 40 hours of training, peer educators at UBC deliver what are called "outreach presentations."

They also have a station where students looking for information can come to them.

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Learning Curve is a monthly feature that focuses on education and student life.

Dealing with those September stresses

'Challenge of newness' awaits many

BRIAN TOWIE
brian.towie@metronews.ca



Sheets of paper containing your welcome letter and course requirements tremble in your sweaty hand. Your mind races with thoughts of bad grades, potential money troubles and dealing with unfriendly peers as you slowly and hesitantly approach your first class of the year. It feels like there's a boa constrictor slithering around in your stomach as you turn the doorknob and walk into the room.

Welcome to September, one of the most stressful times of the year for those returning to school. But you can manage it if you keep your focus on what you need to do.

The keys are these: Block out the distractions, keep your eyes on the books and should you become overwhelmed, seek help.

Dr. Mark Berber, psychiatrist and professor at the University of Toronto, defines stress as the physical and psychological response to a challenge. The scenario for returning stu-

dents, he notes, is "the challenge of newness."

"It's the novelty of college or university," Berber says.

"This is where the anxiety primarily comes from. They've been taken out of what normal is for them and put into something very different."

Berber says this is especially true for high school students, "where the regime is much more organized — entering university, where the burden of success is on the student."

Berber says the first semester of any school year is the most difficult and important, often acting as a kind of sieve that weeds out the uncommitted and reveals the mettle of the dedicated student.

Now is the time to counter the stress by developing work habits that will serve you throughout the year, but pub nights and parties are everywhere, ready to rob you of valuable study time.

"Students underestimate the amount of material to digest in the first trimester, but once they fall behind it's very difficult to get caught up," he says.

"Be passionate about your learning. There are no real shortcuts to your education."

Mark Berber, professor

"They should be focusing on their academics, then integrating social events. A good way is to confine your fun to the weekend."

You've heeded the advice and the work is still too overwhelming.

Fear not: More than likely, your school has a number of campus counsellors on-hand to assess your situation and help you through it, along with a number of online resources they might provide.

The University of Alberta, for example, has a web page on how to "get your degree without losing your mind," offering relaxation techniques, and time managing improvement skills.

Simon Fraser University has an online interactive "wellness wheel," where you can gauge your level of stress and how to decrease it.



A new school year can be overwhelming. Experts say organization and focus are the keys to success.

Beyond that, experts advise that putting up and shutting up is the worst thing you can possibly do.

"Be passionate about your learning."

"There are no real shortcuts to your education," Berber says.

"But if you're in trouble, don't bottle it in. Find a counsellor to help you deal with it."



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Do you know this child?

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- Has poor gross or fine motor coordination. Consequently, may run awkwardly, hold crayons in a peculiar way, write poorly and avoid participation in sports and games.
- Has difficulty extracting main ideas from conversation or stories.
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The keys to organization



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The first rule of being organized: Never talk about being organized. Write out a list.

"For university students it's all about getting checklists before they start doing things by rote retention," says Karen Sencich, HP's organization expert. "They need to learn to prioritize and manage time without mom and dad there."

As a starting point, Sencich suggests students go to HP's online activity centre and download job schedules, class schedules and job sharing charts. "When they print out this sort of calendar they can really see where they're overextended and where they need to build in some time for exercise and leisure."

Professional organizer Sherry Borsheim, president of the Vancouver-based Simply Productive and author of *Conquer Your Chaos*, takes it a step further.

"Have a calendar where you write down absolutely everything," she says. "If you have a project write out every task and actually schedule them into your calendar. That's how you



In order to get organized, it helps to have a calendar where you write down everything, experts say.

get things done. I call to-do lists 'doo-doo lists.' There's no intention or commitment. A scheduled appointment has both."

The second rule of being organized: Cut out clutter. Today's tech-savvy generation has a natural advantage when it comes to saving space. Make use of it.

"Being able to tame technology is going to make their life simpler," says Sencich. For the eco-friendly scholar she recommends saving desk space and paper by downloading HP's Smart Web Printing Tool.

"It's a free tool that helps when you're scrolling through websites and want to clip and save bits of information ... So when you go to print you don't get pages and pages of pop-up ads and margins that aren't aligned."

Check it out, it also takes care of the gruelling process of collecting footnotes since clicking on the text takes you right back to the website it came from. The third rule of being

organized: Make it part of your life. So make it fun and personalized. Sencich recommends adding photos and graphics to calendars. "At university you see a lot of scrapbooks and collages. They really want to capture the moment." She recommends investing in a wireless enabled all-in-one printer/copier/scanner that can be tucked away safely in those tiny dorm rooms.

"Each person has unique ways of doing things, unique situation, and therefore there is no cookie-cutter solution," adds Borsheim. "There's only what works for you. Finding that solution is sometimes a journey, but we find a solution."

Myths and facts

- **Myth 1:** Organizing is the same as being neat
- **Fact:** Organizing is not about how space looks, but how it functions
- **Myth 2:** Organizing is a talent you're born with or not.
- **Fact:** Organizing is a learnable skill
- **Myth 3:** Organizing is about throwing things away
- **Fact:** Organizing is about identifying what's important and giving yourself access to it

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News in brief

MONEY

According to a recent survey by Capital One Canada, nearly 60 per cent of post-secondary students surveyed are worried about having enough money to last them through the school year. Among the survey's other results:

- 53 per cent will dip into their savings to cover everyday expenses
- 36 per cent skip meals to save money
- 24 per cent forego medication, dental visits or other medical treatment to save some cash

METRO NEWS SERVICES

Brain protein holds key to fertility

Scientists have discovered the crucial ovulation-triggering role played by a small protein molecule in the brain, a finding that could hold the key to new therapies for infertility. **REUTERS**

lifestyle **15**

Health



Care for skin and hair naturally

Be gentle on your skin and the environment with Organic Surge, a UK line of natural skin and hair care products, now available in Canada. The line comes in a variety of natural scents and features shower gels, shampoos, conditioners, intensive hair treatments, hand washes and hand lotions from \$4.99 to \$9.99 (sold exclusively at Shoppers Drug Mart stores). What's more, the sale of these items help support childcare programs in African communities. **METRO NEWS SERVICE**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

A cup of coffee or two a day...

Java can protect against heart disease and even death: Study

CELIA MILNE
for Metro Canada

Let's go for a coffee! Drinking your daily cup of joe — or even several — may provide some protection against heart disease and even death, according to the latest large-scale study of coffee's health effects.

This is good news for the estimated 63 per cent of Canadians who drink coffee every day.

Researchers in the U.S. and Spain examined data for 84,214 women who had participated in the Nurses' Health Study from 1980 to 2004. They also looked at a study of more than 40,000 men in the health professions, who were followed from 1986 to 2004. All women



The positive effect of java come from the antioxidants the beverage contains, suggests Dr. Ahmed El-Sohehy.

and men enrolled in the study were asked how much coffee they drank on a regular basis.

Scientists found that

women who consumed more coffee were less likely to die during the 24 years of the study. In fact, drinking two to three

"It is probably fine for most people in moderation; it would be prudent to limit yourself to two to three cups a day."

Dr. Ahmed El-Sohehy

cups of coffee a day was associated with an 18 per cent reduction in death from all causes. This was mainly attributed to fewer cases of fatal heart disease. For men, the effect was the same, but not as dramatic.

Interpreting the results, Dr. Ahmed El-Sohehy (PhD), an associate professor in the department of nutritional sciences at the University of

Toronto and a scientist at the Canadian Institutes for Health Research, says coffee is safe for the majority of people who metabolize it properly. "It is probably fine for most people in moderation; it would be prudent to limit yourself to two to three cups a day," he says.

The positive effect of java does not come from the caffeine, but actually from the antioxidants in the beverage, suggests Dr. El-Sohehy. Antioxidants are key nutrients — also found in fruits, vegetables, wine, tea, herbs and cocoa — which are known to be good for the heart. Drinking decaffeinated coffee is a good way to obtain antioxidants without consuming so much caffeine, he says.

In brief

NUTRITION Starbucks plans to revive its flagging U.S. business with help from a range of new healthy breakfast offerings — including oatmeal, multigrain rolls, energy bars, protein plates and apple bran muffins. The move is part of a larger effort to take Seattle-based Starbucks' food in a new direction.

BLOOD PRESSURE A supplement containing olive leaf extract may help lower blood pressure and cholesterol in people on the brink of developing high blood pressure, a new study suggests. Modern lab research suggests that olive leaf extracts have antibacterial, anti-inflammatory and antioxidant actions. **REUTERS**

Technology not without its ups and downs

HineSight

Anne Hines



Over the past few years, everything that could possibly be written about the frustrations of using the Internet has been written. All I could do now would be to rant about things that have already been said before. So,

I'm going to do that.

This past week, I've come across two newspaper articles highlighting downsides of using the net. The first was about a woman in Eastern Canada who supposedly threatened to hold her Internet repairman hostage in her house until he got her connection working. This woman's actions shocked me. I had to ask, "Why didn't I think of that?"

The second article wondered if e-mail and text messaging are making us less sophisticated communicators. To this, I say, "well, duh."

Mostly, we see new technology as a good thing. Having the net means more leisure time. I was free to read these newspaper articles, for instance, because I was spending two hours on hold waiting to speak to my server's tech support.

When it comes to finding information, the net has what we need when we need it. Yesterday, I was able to find the mailing address of my daughter's university residence simply by locating the main page, checking 18 links that went nowhere, entering 40 search word ver-

sions of "mail, address, residence, give-me-the-info-or-I'll-scream" and after 45 minutes, voila! Without the net, I would have had to pick up the phone and ask someone.

But, the question these articles raised is, "Is it worth it?" This isn't a new question. Take, for example, one of the key inventions of human kind. The pointy stick. Previously, our ancestors heading out after woolly mammoth favoured the "hit it with a rock" method. This was not very efficient, but better than the "taunt it un-

til it falls over" tactic that came before that.

The fact is no innovation in history has ever been welcomed without concerns and misgivings. The only exceptions to this are of course indoor plumbing and the beer fridge.

So, considering it carefully, I would say that the truth about technology is this: it has good points and bad. Making it exactly like everything else.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



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Actor Gerard Butler would love to revisit his hit movie 300, but has no idea how a prequel or a sequel would work. The star played Spartan king Leonidas in the 2006 hit. [IMDb.COM](http://IMDb.com)

Entertainment



Blunt live

James Blunt performs at the Halifax Metro Centre on Tuesday, Dec. 2. Tickets go on sale Friday at 9 a.m. and cost \$49.50 to \$59.50, plus service charges. METRO HALIFAX

DVD picks

Baby Mama

Director: Michael McCullers
Rating: PG

TINA FEY plays a woman who turns her focus from career to motherhood. But, when she discovers Mother Nature is against her, Fey's character, Kate Holbrook, hires slobby Angie Ostrowski (Amy Poehler) to be a surrogate mom. DVD includes deleted scenes, an alternate ending, a "making of" featurette.

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metronews.ca

Heffron to host comedy tour

LINEUP John Heffron, the season two winner of the NBC reality show *Last Comic Standing*, will be the host of *The Capital One Just For Laughs Comedy Tour* set for the Rebecca Cohn Auditorium on Saturday, Oct. 25. Talent for the show includes Scotland's Danny Bhoj and Canadian Peter Zedlacher. METRO HALIFAX

Celeb Apprentice dumps Joe Francis

TV *Girls Gone Wild* founder Joe Francis has been dropped from Donald Trump's reality TV show *Celebrity Apprentice*, imdb.com reports. Francis said last month that he had signed up to appear on the series. METRO NEWS SERVICES

In brief

MUSIC East Coast Music Award winners' the Paper Lions are returning to the Marquee for a show on Thursday, Sept. 18. Tickets are \$10.

MUSIC The St. Andrew's United Church will be hosting Testimony: an evening of classical jazz with Peter Woods and Brian Browne on Wednesday at 7:30 p.m. METRO HALIFAX

Punk act's positive vibes

Three-piece British band TAT preparing to release debut album

PHILIP CROUCHER
for Metro Halifax

It's a band whose influence comes from punk rock.

But TAT doesn't see itself as a one-trick pony.

"We don't want to have one niche," said lead singer Tatiana DeMaria, whose band is playing at the Marquee Club tomorrow night as one of the opening acts to punk rockers Lagwagon. "We definitely took our influence from punk rock, but we like to think we're not staying in one genre. And punk rock was about doing something different. It was about being individual and embracing that."

Embrace they are, and in the process, making a name for themselves in Europe and North America. The three-member rock group from London, England was considered the "best band you haven't heard" at this summer's North American Warped Tour, and last month, rock legend Alice Cooper made



The band TAT, made up of (from left) lead singer Tatiana DeMaria, bass player Nick Kent and drummer Jake Reed, will be performing tomorrow night at The Marquee Club.

them his opening act for several tour dates in the United States.

"It means a lot and we're very happy that people dig us," DeMaria said. "We always want people to dig our music, whether they are in high profile places or they're just kids at

shows. It always means something to us when someone likes us."

The band hopes the positive vibes continue as they prepare to release their first album, *Soho Lights*, on Oct. 28. The band has been promoting the album all summer throughout

North America and is currently wrapping up its first major Canadian tour with a stop in Halifax and a show Thursday in St. John's. The group, which has been together for three years, has two singles released, including *Peace Sex and Tea*, which

if you go ...

- **WHAT:** Lagwagon, MxPx, Only Crime and TAT
- **WHEN:** Tomorrow at 8 p.m. Doors open at 7 p.m.
- **WHERE:** The Marquee Club
- **TICKETS:** \$26 in advance, plus service charges. Call 1-888-311-9090, or visit ticketpro.ca. Tickets will also be available at the door.

charted in the United Kingdom's Top 100.

"We hope people dig it and want to hear it, and we hope that the people who do like it take something from it," DeMaria said of the album. "We hope it means something to them. One of those records you can put in your collection and listen to in a couple of years and still like."

TAT is scheduled to be the opening act for tomorrow's 19-and-over show, which is billed as one of the biggest punk shows to hit the Maritimes. The other performers are MxPx and Only Crime.

Mixtape for Tricky fans

IAN NATHANSON
for Metro Canada

For a spell in the mid-1990s, Portishead, Massive Attack and Tricky were considered England's leaders of trip hop: downtempo electronica that arose from the country's hip hop and dance scenes.

That Tricky's newest album *Knowle West Boy*, in North American stores today, arrives in the same

"Young artists have to be careful when getting involved in a movement. Because once it's over, you're over. It's safer not to be part of anything like that." Tricky

year that Portishead returns with its latest offering, *Third*, and Massive Attack works on new material for a future release should come as complete coincidence — and not, as the artist a.k.a. Adrian Thaws sees it, a trip hop revival.

"Those people followed my first solo album, *Maxinquaye*, in 1995 and then it formed into some kind of movement back then," says Tricky, a former Massive Attack member. "I was

even told I created trip hop. "Young artists have to be careful when getting involved in a movement. Because once it's over, you're over. It's safer not to be part of anything like that."

In the ensuing years, Tricky maintained a somewhat lower profile living in New York and Los Angeles while collaborating with the likes of Björk, Alanis Morissette, Nelly Furtado, Elvis Costello, Red Hot Chili Peppers and Tool. Although he released another half-dozen albums, none have matched *Maxinquaye*'s super-praised success — prompting David Bowie to pen a 2,000-word fan-worship story for *British music* mag Q.

Tricky admits he never dealt with the whole fame thing very well and, since leaving Britain in the late 1990s, probably partied a tad more than he should



Knowle West Boy, the new album from Tricky, is now available.

have. But much of his own turmoil stemmed from his struggles with candida — a condition best described as extreme yeast and sugar intolerance.

"It messes up your skin as well as your mind. It causes depression, makes you very angry and because of the way I treated certain people, it really screwed up my relationships," explains Tricky, adding that the condition

is now kept under control through a strict diet and exercise regimen.

Knowle West Boy finds Tricky lyrically revisiting the Bristol, England, neighbourhood where he grew up through a mélange of blues, ska, hip hop, post-punk and rock.

"It's like a mix tape thank-you to all my fans," Tricky says. "It's sort of my way of giving back to the people."

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TV dreams

Singer LeAnn Rimes dreams of being approached about starring in the hit drama *Gossip Girl*, because her husband is obsessed with it. FEMALEFIRST.CO.UK



Fringe: Here today, but likely gone tomorrow

IntelVision



rick.mcginis@metronews.ca

Out there: Fringe, one of the most eagerly anticipated new shows of the season, debuts tonight on CTV, the A Channel, Access (in Alberta) and Fox, and creator J.J. Abrams expressed his anxiety about his latest work in an interview with the *Onion's* A.V. Club last week.

"It's a cocktail of excited for people to see it, terror that no one will watch it, and relief that something I've been working on for so long will finally be out there," he said.

Abrams is the man behind *Lost*, *Alias* and *Felicity*, and the director of *Cloverfield*, *Mission: Impossible III* and the next *Star Trek* movie. He's at what no one would dispute is the top of his game in

Hollywood, and Fringe is exactly what his audience expects — an eerie procedural thriller about shadowy government agencies, sinister conspiracies and nutjob quack science, wrapped in feature movie production values.

The show stars Anna Torv as an FBI agent sucked into a vortex of weird crap, like a plane full of passengers with their skin in puddles on the floor, and Joshua Jackson

a season finale or a season opener or something. I've been wanting to do it since the pilot. We have great directors working on Fringe, but when someone else directs something that you're involved with, it's always their vision, and the director in my head is definitely wanting to get involved."

"Based on the debut episode, Abrams might want to get involved a bit earlier."

plays the ne'er-do-well son of a mad genius she has to spring from the madhouse to help her find out who's turning people into Jell-O. And yes, you can be excused if you're thinking X-Files.

Abrams has only written two episodes, according to IMDb.com, and his *Star Trek* duties have kept him out of the director's chair, but he told the *Onion* that he wants to direct "maybe

Based on the debut episode, Abrams might want to get involved a bit earlier. After the airliner opening, the pace dissolves like Alka Seltzer, despite the breakneck introduction of characters and plot points.

The dialogue is dreadful, and Torv and Jackson's delivery don't help sell it, and considering that Fringe is on axe-happy Fox, Abrams had better move fast if he wants to get his shot.

Rick McGinnis writes about music, movies, books and television, but not opera.

U.S. Judge stops publication of unofficial Potter reference book

BOOKS A U.S. judge yesterday halted publication of an unofficial encyclopedic companion to the popular Harry Potter book series in a copyright case author J.K. Rowling argued would threaten other authors.

Judge Robert Patterson in U.S. District Court in Manhattan wrote an opinion that said independent U.S. book publisher RDR Books "had failed to establish an affirmative defense of fair use" and that publication of *The Harry Potter Lexicon*, which was written by a Harry Potter fan, should not proceed.

The ruling said Warner



J.K. Rowling outside court in New York City this April.

Brothers Entertainment Inc. and Rowling had established copyright infringement of the Harry Potter series and two companion books, *Fantastic Beasts* and *Where to Find Them* and

Quidditch Through the Ages.

The British author and Warner Bros. sued RDR Books, which planned to publish the lexicon, a 400-page reference book written by Steve Vander Ark, based on his fan Web site, hp-lexicon.org. Lawyers for RDR Books could not immediately be reached for comment on yesterday's ruling. In court in April, Rowling, estimated by the *Sunday Times* to be worth about \$1 billion US, said she was outraged her work was considered to be fair game because it was so popular.

REUTERS

Mamma Mia! grabs top spot at foreign box office

FILM The ABBA-inspired musical romance *Mamma Mia!* grabbed the No. 1 spot at the weekend foreign box office for the first time, grossing an estimated \$15 million US from 39 markets.

The adaptation of the stage hit opened at No. 2 in South Korea with \$5.5 mil-

lion, and has now earned \$280.1 million internationally to become the fifth-biggest movie of the year.

The Dark Knight, which had been No. 1 for a total of four weeks, slipped to No. 2 with \$11.8 million from 62 markets. The total for the *Batman* sequel rose to \$437.2 million.

The *Mummy: Tomb of the Dragon Emperor* followed at No. 3 with \$11.6 million, pushing its overseas total to \$255.4 million.

China was the big driver as the film, starring Beijing-born Jet Li, opened at No. 1 with \$7.9 million.

REUTERS

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
99/08	31	31	31	ABC News (N)	ABC World News	Inside Edition	Chronicle	Wipeout (N)		Wipeout (N)		Primetime
	7	7	7	ASN The Road to Avonlea	Robson Arms	TMZ (N)		Fringe "Pilot" (N)			Hole in Wall	Superman
	11	11	11	CBC Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
	2	2	2	CBC-F Terre humaine	Grand-papa	Virginie (SC)	La Factice (N)	Providence La police (N) (SC)		Roxy (N) (SC)	Filantes	Le Téléjournal
	32	32	32	CBS News (N)	Evening News	The Insider (N)	Entertainment	Big Brother 10 (N)		Fashion Rocks (N)		
	69	69	69	CTM TVA 18 heures	Le Cercle (SC)	Km/h (SC)	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (N) (SC)		TVA 22 heures
	6	6	6	CHIF Entertainment	ET Canada	90210 "Lucky Strike" (N)		Big Brother 10 (N)		In Plain Sight (N)		News (N)
	9	9	9	CJCH eTalk	Hollywood	Law & Order: SVU		Fringe "Pilot" (N)		eTalk Idol		News (N)
	10	10	10	ELTV (6) EastLink Television				Podium TV		EastLink Television		
	36	36	36	FOX Deal-No Deal	The Simpsons	TwoHalf Men	TwoHalf Men	Fringe "Pilot" (N)		Hole in Wall		Fox First
	12	12	12	NBC News (N)	NBC News	Hollywood	Extra (N)	America's Got Talent (Live)				Law/Ord SVU
	29	29	29	NW BBC World	Business	CBC News	Newman	The Hour		CBC News: The National		Wal-Mart Natn
	4	4	4	PBS-B NewsHour With Jim Lehrer	Greater Boston	One on One	Nova (DVS)	Nova (DVS)		Debating Our Destiny II		Albert Alcalay
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	BBC World		Sarah Brightman: Symphony in Vienna		Celtic Thunder		
	68	68	68	TOS Les Simpson	L'été est Flash	Catherine (SC)	10 façons	Une séductrice dans ma maison (2006, Suspense)				110 pour cent
	23	23	23	BNN Business News	Headline	Market Call	Commodities	Workopolis TV Business News		Squeeze Play		Market Call
	18	18	18	CNN (5) The Situation Room		Lou Dobbs Tonight		CNN Election Center		Larry King Live		Cooper 360
	54	54	54	GOLF The Turn	What's Bag?	Golf Central	Golf Central	Natalie Gubins	Golf Central	Highway 18		Highway 18 (N)
	52	52	52	RSE Prime Time Sports		Darts World Premier League		World Series of Poker		World Combat League		Sportsnet Con.
	55	55	55	SCOR Score Update	Game On	Cabby Unlimit	Stump-Schwab	World Series of Poker		Poker: Canadian Open		Score Tonight
	45	45	45	SPD Unique Whips		Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	53	53	53	TSN Off the Record	SportsCentre	2008 World Series of Poker		MLB Baseball Toronto Blue Jays at Chicago White Sox (HDTV) (Live)				
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	That's Raven	Zack & Cody	Natural-Sadie	Han, Montana	Life Derek	Ned's School
	44	44	44	TOON World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	Eleen		Total Drama	Futurama	American Dad
	26	26	26	TREE Fif-Filfotrotz	Backyardigans	Ni Hao, Kai-Han	Night Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch
	27	27	27	YTV Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj
	16	16	16	A&E Cold Case Files		CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner
	70	70	70	APTN News	Closer-Home	Great Towns		Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	50	50	50	BET 106 & Park: BET's Top 10 Live		ATL ★★ (2006, Comedy-Drama) Tip "T.I." Harris, Mykelti Williamson.						Somebodies
	37	37	37	BRVO Street Legal		Desperate Housewives		Live at the Rehearsal Hall		To Dublin With Love		Celtic Roots
	97	97	97	CLT Mysterious Ways		Judging Amy "Kilt Trip"		True Murder		Missing Link		Mysterious Wy
	25	25	25	CMT Chevy Cross Canada Countdown				Canadian Country Music Awards				CMT-CCMA's
	49	49	49	COM Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas		The Simpsons	South Park	S. Silverman
	153	153	153	COURT Missing Link "Miracles"		The Investigators		The Practice		Getting a Ticket in America		Investigators
	38	38	38	DISC What's That About?		Daily Planet (N)		How It's Made	How It's Made	Smash Lab		After the Catch
	48	48	48	HGTV Holmes on Homes		House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
	46	46	46	HIST The Worst Jobs in History		NCIS "Witch Hunt"		The Worst Jobs in History		Tony's Law		NCIS
	17	17	17	MM Pimp My Ride	Technical Diff.	Instant Star	disBand	Instant Star	Instant Star	Instant Star	Instant Star	Instant Star
	19	19	19	MMM MusicProfile	mmmtop10.com	Where You At		Fleetwood Mac -- Rumours		Listed (Part 1 of 2)		Rock-Cradle
	201	201	201	M1 (5:45) Evening (2007)		Alpha Dog ★★ (2006, Crime Drama) Bruce Willis.		Letters From Iwo Jima (2006, War)				
	48	48	48	OLN The Amazing Race		Ed's Up		Survivorman		Angry Planet	Surf Patrol	Don't Forget
	51	51	51	PEACH Friends	Seinfeld	MLB Baseball Colorado Rockies at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Family Guy
	206	206	206	PIX (6:40) Jericho Mansions ★★ (2003)		(8:20) High Explosive (2000, Action)				The Adventures of Ford Fairlane (1990)		
	67	67	67	RDI RDI en direct	RDI en direct	RDI en direct	l'actualité	Grands reportages (SC)		Le Téléjournal (SC)		Le Club des ex
	39	39	39	SHOW Wife Swap "Jojo and Dawn"		About a Girl		The Best Years (DVS)		Trailer Park		The Shield (N)
	40	40	40	SLICE Matchmaker	Til Debt-Part	End of Leash	ET Canada	Newlywed	In Laws	Rich Bride, Poor Bride		Plastic-Perfect
	47	47	47	SPACE Stargate SG-1 (DVS)		Lost "Pilot" (Part 2 of 2)		Star Trek: Next Gener.		Battlestar Galactica		Comic Con
	14	14	14	SPIKE CSI: Crime Scene Investg.		CSI: Crime Scene Investg.		CSI: Crime Scene Investg.		Star Wars V: The Empire Strikes Back (1980)		
	98	98	98	STAR FashionTele	Look-A-Like	The Ellen DeGeneres Show		TMZ (N)	eTalk	Live at eTalk		Tonight Show
	21	21	21	TLC What Not to Wear		Half Man, Full Life		My Shocking Story		Mystery Diagnosis (HDTV)		Med. Examiner
	34	34	34	TROP Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	20	20	20	TVS Que-champion	Journal de Fr2	Pekin express		Les Samourais noirs		Quantum Leap		Le Compteur
	22	22	22	W Doc "Pilot" (Part 2 of 2)		Murder, She Wrote		Bless-Father	On the Buses	Style by Jury		Painted Nation
	28	28	28	W Shopping Bags	Style by Jury	Will & Grace	Friends	Coleen's Real Women		Style by Jury		Good Naked
	251	251	251	WGN My Wife-Kids	According-Jim	TwoHalf Men	Family Guy	MLB Baseball Chicago Cubs at St. Louis Cardinals. (HDTV) (Live)				

critics' corner

Fringe
It's not "The X-Files," but this new series from J.J. Abrams of "Lost" fame should appeal to fans of Mulder and Scully. Like "Lost," this one starts with an airplane — only this one didn't crash. It landed at Boston's Logan Airport with everyone aboard mysteriously dead. FBI Special Agent Olivia Dunham (Anna Torv) investigates with the help of a brilliant, institutionalized scientist (John Noble) and his son (Joshua Jackson). 9 PM on ASN, CJCH, FOX



Live at the Rehearsal Hall
Fresh from being awarded a spot on Canada's Walk of Fame, singer-songwriter k.d. lang takes the stage in this new episode, performing songs from her most recent album, "Watershed." Released in February, it's her first collection of original material since "Invisible Summer" in 2000 and features the single "I Dream of Spring." 9 PM on BRAVO

The Shield
Not much has been revealed about this police drama's seventh and final season, which begins here, but given its track record and the way things have played out in the past, it's a good bet that someone won't survive the season. And expect Mackey (Michael Chiklis) to start paying some consequences for his actions. Jay Karnes, Walton Goggins and CCH Pounder also star. 11 PM on SHOW

Dancing with the Stars pro Tony Dovolani and his wife, Lina welcomed a boy and a girl, Adrian Driton Dovolani and Adriana Dovolani early yesterday at a hospital near their Connecticut home. **PEOPLE.COM**

Dancing baby

Celebrity Buzz

Watts prefers women

PEOPLE Actress Naomi Watts prefers filming love scenes with women, because she feels no "sexual tension" with them, imdb.com reports.

Watts, who shared a same-sex kiss with Laura Harring in 2001 movie *Mulholland Drive*, insists she is more at ease filming intimate scenes with women than men.

"The easiest sex scene I have done was in *Mulholland Drive*. That's because it was with another woman," she says. "There was no awkwardness and there was no sexual tension."

METRO NEWS SERVICES



Sparks flies after Brand makes purity joke

MTV AWARDS Russell Brand angered American Idol champ Jordin Sparks when he made fun of purity rings at Sunday's 2008 MTV Video Music Awards, usmagazine.com reports. During his opening monologue, Brand (a confessed former sex addict) repeatedly joked about the Jonas Brothers' purity rings, saying they should take advantage of their celeb status to get lucky. Before introducing T.I., Sparks — who has been open about wearing a purity ring —

slammed the comedian for making the remark. "I just wanna say, it's not bad to wear a promise ring because not every guy and a girl wants to be a slut, OK?" she told the audience. Brand later clarified his joke. "I didn't meant to take it lightly," he said. Later, he added, "Promise rings, I'm well up for it. (But) a bit of sex, it never hurt anybody."

METRO NEWS SERVICES

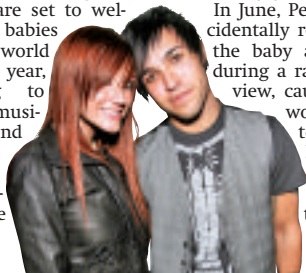


It's twins for Wentz, Simpson, pal says

CHILDREN Ashlee Simpson is reportedly expecting twins with husband Pete Wentz, femalefirst.co.uk reports.

The 23-year-old singer and her Fall Out Boy rocker beau are set to welcome two babies into the world later this year, according to Pete's musician friend Tyga.

"Pete and Ashlee are having twins."



They're really happy," hip-hop star Tyga told gossip website *E! Online*.

This is not the first time it has been claimed the couple are expecting two bundles of joy.

In June, Pete, 29, accidentally referred to the baby as "them" during a radio interview, causing fans worldwide to speculate Ashlee is carrying twins.

METRO NEWS SERVICES

Britney mad at mom

FAMILY RIFT Britney Spears is said to be "furious" with her mother, Lynne, after she detailed her daughter's past in her memoir, *The Storm*, Page-Six.com reports. The book blames all of Britney's problems on her daughter's former managers. Spears — who already considered her mother a siphon on her purse — is "upset" about the book, sources said, especially when she feels Lynne herself caused so many of her problems and issues. Spears is now only talking to her father, Jamie, who, as her conservator and guardian, has cleaned up her affairs and put his daughter back on the straight and narrow.

METRO NEWS SERVICES

Wedding bells for Bedingfield

MARRIAGE Natasha Bedingfield is ready to walk down the aisle, People.com reports. The pop singer, 26, just got engaged to her boyfriend Matthew Robinson.

"It just happened," she said. "But I am so excited, and it happened in New York. And I want to share it with the world. She added: "We haven't thought about a date. We're just celebrating." I'm the luckiest girl in the world."

METRO NEWS SERVICES



Doherty pines for Moss

PEOPLE Pete Doherty still loves Kate Moss, femalefirst.co.uk reports. The Babyshambles rocker, who split from the supermodel more than a year ago, realizes he will never win Moss back but admits he would be overcome if she ever attempted a reconciliation.

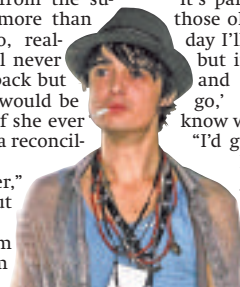
"It's over," he said. "But whether or not I'm over it, I'm

not sure. It's so hard talking about someone you love after you have split up.

"It's painful to rake up those old emotions. Today I'll say I'm over it but if she walked in and shouted, 'Let's go,' I don't really know what I'd do."

"I'd go, but not with her. I would just go and cry somewhere. It's over. It's gone."

METRO NEWS SERVICES



celebrity briefs



Back to school for Turlington

PEOPLE Former supermodel Christy Turlington is to turn her back on fashion and head to college, imdb.com reports. The one-time catwalk queen is planning to study maternal and child health at Columbia University, according to the New York Daily News. Turlington, who has two children with actor husband Ed Burns, is passionate about maternal care and is an ambassador for humanitarian organization Care (Christian Action Research and Education).

METRO NEWS SERVICES

Mills reneged on charity?

MONEY Heather Mills may have failed to hand over a multi-million dollar charity donation, femalefirst.co.uk reports. The former model vowed to give "a large majority" of her \$42-million divorce payment from Sir Paul McCartney to the Adopt-A-Minefield organization, of which she is a patron, but charity sources claim they haven't received anything. "They have waited in vain for their millions. She's had plenty of time," a source said. Mills made the donation pledge in 2006, during divorce proceedings from the former Beatles star. "Around 80 per cent of my money goes to charity," she also added in an interview last year.

METRO NEWS SERVICES

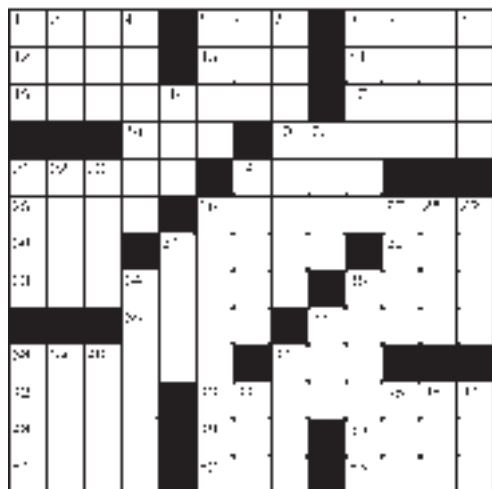


Boycotting his own show

Lost star Alan Dale reportedly stopped watching his own show during its third season because he "got sick" of its repetitive script and outlandish storylines. **IMDB.COM**



Take Five



Crossword down

- 1 Knock
- 2 "— Town"
- 3 Consumed
- 4 Multicoloured
- 5 Ethereal
- 6 Japanese pond carp
- 7 Huge boa
- 8 False
- 9 Grad
- 10 Sidewalk edge
- 11 Hollywood clashers
- 16 Rowboat need
- 20 Colonial sewer
- 21 Wheel connector
- 22 Herr's wife
- 23 Pack down
- 24 Spirit in a bottle
- 26 Jeff Probst's show

- 27 Raise up
- 28 Busy with
- 29 Mideast gulf
- 31 Baby horse
- 34 Wellness
- 35 "Heavens!"
- 37 Witticism
- 38 Saharan
- 39 Sax-playing Simpson
- 40 Kesey and Olin
- 41 Con job
- 44 "— Got a Secret"
- 45 Caviar, essentially
- 46 11-Down counterparts
- 47 Request

Find today's answer and play more games online at metronews.ca

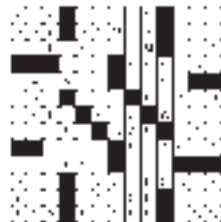
Crossword across

- 1 Wander
- 5 Alias abbr.
- 8 Wear a rut in the rug
- 12 Ford or Lincoln
- 13 Charged bit
- 14 Punch
- 15 South African city
- 17 Franc replacement
- 18 Deposit
- 19 Hansel and Gretel's trail
- 21 Subsequently

- 24 Acceptable
- 25 MRI forerunner
- 26 Brain's stimulus receptors
- 30 Felon's flight
- 31 Money
- 32 Conclude
- 33 Happiness, plus
- 35 Partner
- 36 Roof overhang
- 37 Long-popular comedian Cohen

- 38 High-pH chemical
- 41 Boar's companion
- 42 Cambodian money
- 43 Capital of British Columbia
- 48 "— It Romantic?"
- 49 Eggs
- 50 Fishing gear
- 51 Morse symbol
- 52 Sleep phenom
- 53 Dilbert's place

previous day's answer



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Don't make a fool of anyone. An analyst forces you to detach yourself from a grouch. Someone is using you as a scapegoat.

TAURUS

APRIL 21-MAY 21

Doubt is cast on a bad decision. Stay home and ponder your life, if a wicked statement is made. Insurmountable obstacles will be conquered.

GEMINI

MAY 22-JUNE 21

You'll become a force to be reckoned with. An adventure causes a discussion to take place. A potential partner is ready and willing.

CANCER

JUNE 22-JULY 22

Let go when hurt feelings run through your mind. Refuse to underestimate your power. A stroke of luck leads to excitement.

LEO

JULY 23-AUG 23

The countdown to a disagreement begins. It's time to be bold with an incompetent man. An alliance takes on an exciting importance.

VIRGO

AUG 24-SEPT 22

A cherished leader can cause a revolution. A buddy's need for security is obvious. Refuse to waste your time with fools.

LIBRA

SEPT 23-OCT 23

A new friend brings about a change in direction. Be passionate about your faith in humanity. You can ask for favours from a relative.

SCORPIO

OCT 24-NOV 22

Someone will decide what's best for you. A companion will inspire thoughts of generosity. Don't fall in love with a selfish person.

SAGITTARIUS

NOV 23-DEC 21

You'll dream of being with a compassionate person. A caller is too animated for comfort. Unusual words will cause brief difficulties.

CAPRICORN

DEC 22-JAN 20

An agreement may cause you to be feared. Be happy about being at the controls. Your actions may lead to an insight.

AQUARIUS

JAN 21-FEB 18

A chaotic situation will clear up. Take someone for a walk if you want to talk. Pushy people have lost their former charm.

PISCES

FEB 19-MAR 20

Take command in a disputed matter. A dedicated person will experience neglect and spoil certain plans. Love strengthens your commitment.

Sudoku

			4	5		9	7	1
				7			3	6
		6				2		
1			5				8	
		9				4		
	8				3			2
		4				8		
2	9			6				
3	7	5		1	8			

previous day's answer

6	4	7	5	1	3	8	9	2
9	1	2	8	4	6	3	5	7
8	3	5	7	9	2	6	4	1
4	9	1	3	6	7	2	8	5
7	2	8	9	5	1	4	3	6
5	6	3	4	2	8	1	7	9
1	8	4	6	7	5	9	2	3
3	5	6	2	8	9	7	1	4
2	7	9	1	3	4	5	6	8

This day in history

SEPT. 9, 1543: Mary Stuart, at nine months old, is crowned "Queen of Scots" in the central Scottish town of Stirling.
 SEPT. 9, 1776: The Continental Congress officially names their new union of sovereign states the United States.
 SEPT. 9, 1914: World War I: The creation of the Canadian Automobile Machine Gun Brigade, the first fully mechanized unit in the British Army.
 SEPT. 9, 1922: Greek-Turkish war has ended with Turkish victory over the Greeks.
 SEPT. 9, 1956: Elvis Presley appears on The Ed Sullivan Show for the first time.
 SEPT. 9, 1933: The Palestine Liberation Organization officially recognizes Israel as a legitimate state.

METRO NEWS SERVICES

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME:
 Under 13 min. Genius
 13-17 min. Scholar
 17-21 min. Smart
 21-25 min. Not bad
 25+ min. Keep practising

Today's answer and play more games at metronews.ca

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WORDY GURDY

Wordy Gurdy is a word search puzzle. Find the words hidden in the grid. The words are listed on the right side of the grid.

Halifax weather

Afternoon	Tonight	Wednesday	Thursday	Friday
Mainly sunny. 23°	Thunderstorms. 17°	Showers. 20° / 9°	Mainly sunny. 18° / 9°	Partly sunny. 17° / 10°

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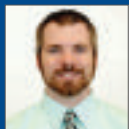
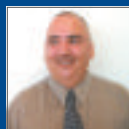
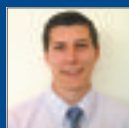
Temperature Normals
 High: 20.2°
 Low: 11.7°

Records
 High: 29.9°/2001
 Low: 5.5°/1982

Sunrise: 6:46 a.m.
 Sunset: 7:35 p.m.
 Moonset: 12:14 a.m.
 Moonrise: 4:47 p.m.

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[†] For automatic

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